

# Important Blood Tests That We Should Take: How to Understand

Blood tests are an important part of routine healthcare. They can help detect a variety of medical conditions, including anemia, diabetes, and cancer. However, many people don't know which blood tests they should take or how to interpret the results.



## ABG: Important Blood Tests That We Should Take, How To Understand

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This article will provide you with a comprehensive guide to the most important blood tests that you should take, and how to understand the results.

## Complete Blood Count (CBC)

A CBC is a blood test that measures the number of red blood cells, white blood cells, and platelets in your blood. It can help detect a variety of medical conditions, including anemia, infection, and leukemia.

The normal ranges for a CBC are as follows:

- Red blood cells: 4.5-5.9 million cells per microliter (mCL)
- White blood cells: 4,000-11,000 cells per mCL
- Platelets: 150,000-450,000 cells per mCL

If your CBC results are outside of these ranges, it could indicate a medical condition. Your doctor will need to evaluate your results and determine if further testing is necessary.

### **Comprehensive Metabolic Panel (CMP)**

A CMP is a blood test that measures the levels of various chemicals in your blood, including glucose, electrolytes, and liver enzymes. It can help detect a variety of medical conditions, including diabetes, kidney disease, and liver disease.

The normal ranges for a CMP vary depending on your age and sex. Your doctor will need to evaluate your results and determine if further testing is necessary.

### **Lipid Profile**

A lipid profile is a blood test that measures the levels of cholesterol and triglycerides in your blood. It can help detect a variety of medical conditions, including heart disease and stroke.

The normal ranges for a lipid profile are as follows:

- Total cholesterol: less than 200 mg/dL

- LDL cholesterol (bad cholesterol): less than 100 mg/dL
- HDL cholesterol (good cholesterol): more than 60 mg/dL
- Triglycerides: less than 150 mg/dL

If your lipid profile results are outside of these ranges, it could indicate a medical condition. Your doctor will need to evaluate your results and determine if further testing is necessary.

## **Thyroid Panel**

A thyroid panel is a blood test that measures the levels of thyroid hormones in your blood. It can help detect a variety of medical conditions, including hypothyroidism and hyperthyroidism.

The normal ranges for a thyroid panel vary depending on your age and sex. Your doctor will need to evaluate your results and determine if further testing is necessary.

## **Iron Studies**

Iron studies are blood tests that measure the levels of iron in your blood. They can help detect a variety of medical conditions, including anemia and iron deficiency.

The normal ranges for iron studies vary depending on your age and sex. Your doctor will need to evaluate your results and determine if further testing is necessary.

## **How to Understand Your Blood Test Results**

When you get your blood test results back, it's important to understand what they mean. Your doctor will be able to help you interpret your results and determine if further testing is necessary.

Here are some tips for understanding your blood test results:

- Look at the reference ranges. The reference ranges are the normal values for each blood test. Your results will be compared to these ranges to determine if they are normal or abnormal.
- Talk to your doctor. Your doctor will be able to explain your results in detail and answer any questions you have.
- Don't panic if your results are abnormal. Abnormal blood test results do not always mean that you have a serious medical condition. Your doctor will need to evaluate your results and determine if further testing is necessary.

Blood tests are an important part of routine healthcare. They can help detect a variety of medical conditions and ensure that you are getting the treatment you need. By following these tips, you can understand your blood test results and take charge of your health.



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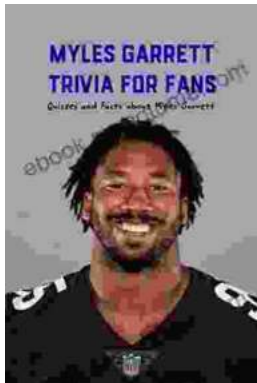
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